

Ticks that can spread Lyme disease live in Vermont

To prevent tick bites:

- Stay on hiking trails. Avoid walking through high grass and bushy areas.
- Use insect repellents that are labeled for ticks, but do not apply them to infants. Follow the directions on the label.
- Wear long pants and long-sleeved shirts to minimize skin exposure to ticks.
- Wear light colored clothing so that it is easier to see ticks, and tuck your pants into your socks.
- Check yourself, your children, and your pets for ticks daily and remove any ticks promptly. A tick may look like nothing more than a new freckle or speck of dirt.

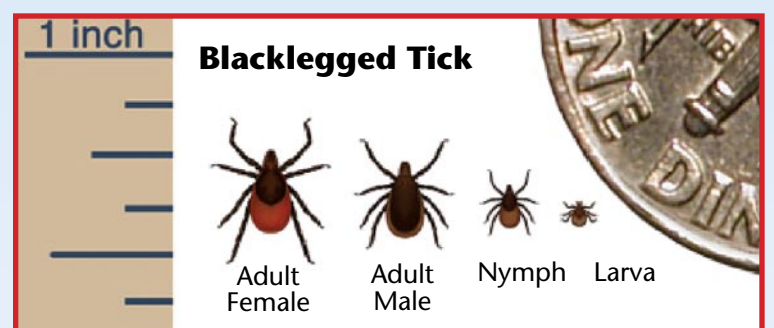
If you find a tick on you or your pet:

- There is no need to panic. Not all ticks are infected, and in order to transmit Lyme disease, the infected tick must be attached for at least 24 to 36 hours.
- Using a pair of pointed tweezers, grasp the tick by the head or mouthparts right where they enter the skin. DO NOT grasp the tick by the body. Without jerking, pull firmly and steadily outward.

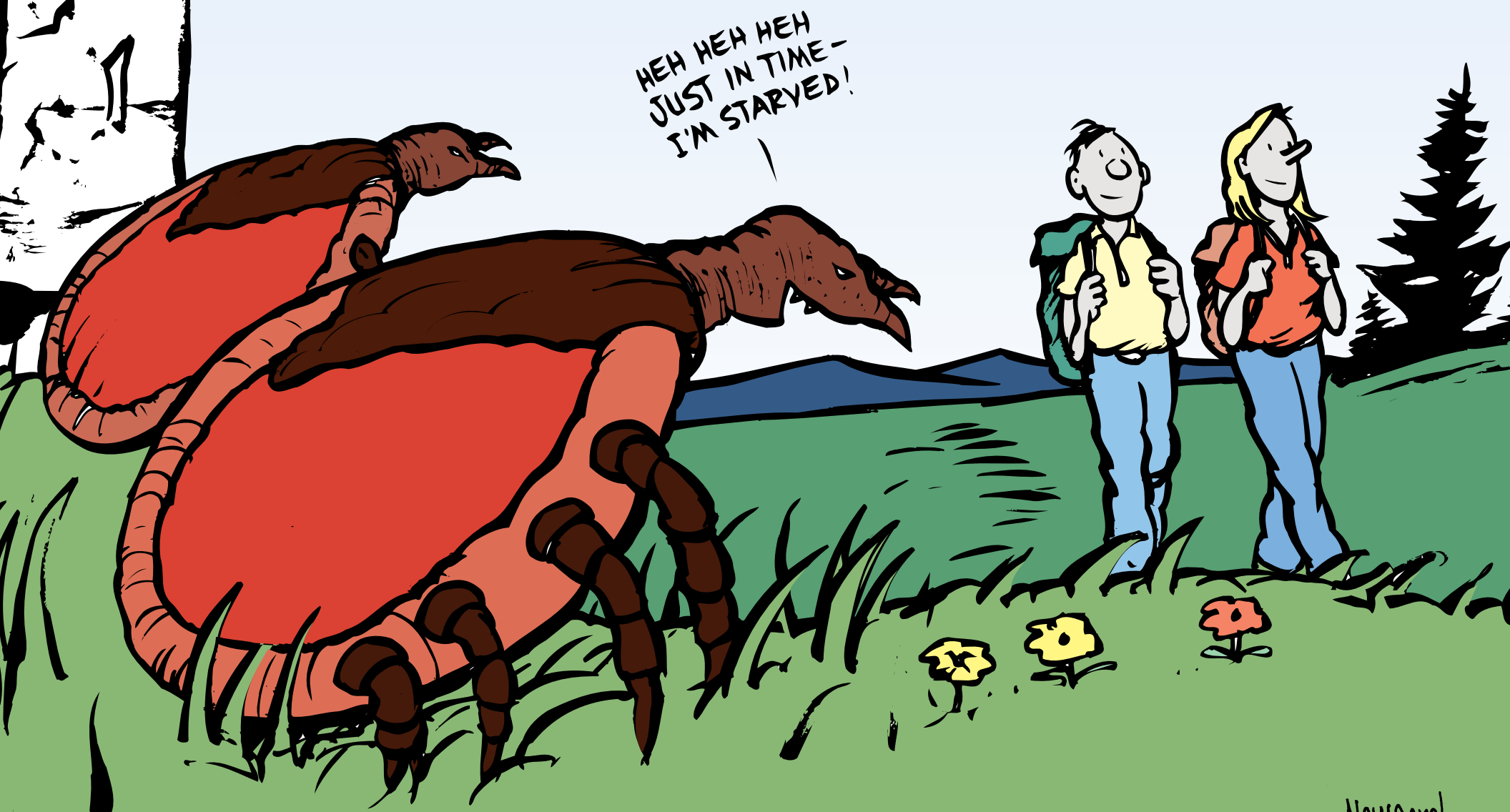
Look for signs of Lyme disease:

- An early sign of Lyme disease can be a rash which grows, does not itch and is not painful. It generally occurs two days to one month after a tick bite.
- Other signs of Lyme disease are tiredness, fever, and joint pain.
- Lyme disease can be treated.
- If you think you may have Lyme disease, call your doctor.

*For further information call the
Vermont Department of Health
(800-640-4374 or 802-863-7240)
or the Vermont Agency of Agriculture at
802-241-3545*



HEH HEH HEH
JUST IN TIME -
I'M STARVED!



Newcomb